

Wellness Highlights

PROFESSIONAL COUNSELLING
SERVICE FOR TEACHERS



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HOW TO GET THE MOST OUT OF COUNSELLING

1. For many of us it is difficult to ask for help. Recognize that it is normal to feel nervous and uncertain about contacting a counsellor and setting up that first appointment.
2. Have realistic expectations and be patient with yourself. Growth takes time and it is a process. Sometimes it is necessary to change those behaviors and coping skills that we have learned and used for a very long time and this can be a slow process.
3. Understand that we can only change how we respond to situations or issues arising in our lives.
4. Develop a collaborative relationship with your counsellor. This relationship should be one of mutual respect and trust and one where you feel safe. Part of this process is simply about being heard in a confidential and non-judgmental environment.
5. Be honest and allow your counsellor to get to know the genuine you.
6. Be willing to seriously examine your thoughts, feelings, assumptions, regrets, insights, and expectations. And understand that by doing this you may feel emotional pain and actually feel worse before feeling better. But also understand that when we face the truth and stop avoiding it, we are on the road to healing.
7. Do your "homework". Between appointments take time to reflect on your session and to follow any recommendations made by your counsellor. Keeping a journal and jotting down questions and thoughts can also be very useful.
8. Prepare for ending counselling. Ideally, this is a joint decision and in the last session it can be rewarding to reflect on the changes you have made.

The Professional Counselling Service for teachers is a confidential service for teachers and their families. To contact the counsellor for your district, you may find the contact information on the NBTA website.



Let's make this YOUR YEAR FOR A BETTER YOU!!

The Healthy Mind, Body, Spirit Menu

Adapted from Dan Siegel, 2011

Connecting, Moving, Sleeping, Relaxing, Playing, Eating, Reflecting

Take a look at this list of lifestyle areas. Are there some that you wish you could change? Some that lose momentum after the summer is over?.....☀

What kind of year would you have if you committed to improving areas with which you are not completely satisfied? Are you happy with how much exercise you usually get through the school year? How about how much sleep you get from September to June?.....☀

We would like to challenge you to be a better you. In each issue of this year's NBTA News we will focus on one or more healthy menu items. Perhaps by the end of the school year you can live a life that includes a balance of all 7 areas of the healthy menu.....☀

To help you in your goals, why not talk to your colleagues about forming a group of staff members who would also like to work on improving their healthy menu.....☀

For information on these healthy menu items and much more, see our new website at www.teacherwellness.ca ☀